EARTHQUAKE

ESSENTIALS

BEFORE IT STRIKES

- Develop a Family Disaster Plan
- Pick "safe places" in each room of your home
- Practice drop, cover, and hold-on in each safe place.
- Practice drop, cover, and hold-on at least twice a year
- Wait in your safe place until the shaking stops, then check to see if you are hurt

BEFORE IT STRIKES

- **Be on the lookout for fires**
- **If you must leave a building after the shaking stops, use the stairs, not the elevator**
- **If you're outside in an earthquake, stay outside. Move away from buildings, trees, streetlights, and power lines. Crouch down and cover your head**

BEFORE IT STRIKES

- **Inform guests, babysitters, and caregivers of your plan**
- **Get training**
- **Discuss earthquakes with your family**
- **Talk with your insurance agent**

Develop a Family Disaster Plan

1. Find Out What Could Happen to You

2. Create a Disaster Plan

3. Complete This Checklist

4. Practice and Maintain Your Plan

EMERGENCY SUPPLIES

Earthquake-Specific Plan

1. Find Out What Could Happen to You

- Contact your local emergency management or civil defense office and American Red Cross chapter--be prepared to take notes:
- Ask what types of disasters are most likely to happen. Request information on how to prepare for each.
- Learn about your community's warning signals: what they sound like and what you should do when you hear them.

Earthquake-Specific Plan

1. Find Out What Could Happen to You

- Ask about animal care after disaster. Animals may not be allowed inside emergency shelters due to health regulations.
- Find out how to help elderly or disabled persons, if needed.
- Next, find out about the disaster plans at your workplace, your children's school or daycare center and other places where your family spends time.

Earthquake-Specific Plan

2. Create a Disaster Plan

- Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.
- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.

Earthquake-Specific Plan

2. Create a Disaster Plan

- Pick two places to meet:
  - Right outside your home in case of a sudden emergency, like a fire.
  - Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.

Earthquake-Specific Plan

2. Create a Disaster Plan

- Ask an out-of-state friend to be your "family contact." After a disaster, its often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

Earthquake-Specific Plan

3. Complete This Checklist

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
- Teach children how and when to call 911 or your local Emergency Medical Services number for emergency help.
- Show each family member how and when to turn off the water, gas and electricity at the main switches.
- Check if you have adequate insurance coverage.

Earthquake-Specific Plan

3. Complete This Checklist

- Teach each family member how to use the fire extinguisher (ABC type), and show them where it's kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a Disaster Supplies Kit.

Earthquake-Specific Plan

3. Complete This Checklist

- Take a Red Cross first aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
  Find the safe spots in your home for each type of disaster.

Earthquake-Specific Plan

4. Practice and Maintain Your Plan

- Quiz your kids every six months so they remember what to do.
- Conduct fire and emergency evacuation drills.
- Replace stored water every three months and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries at least once a year.

Earthquake-Specific Plan

EMERGENCY SUPPLIES

- Keep enough supplies in your home to meet your needs for at least three days. Assemble a Disaster Supplies Kit with items you may need in an evacuation. Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers.

Earthquake-Specific Plan

EMERGENCY SUPPLIES

- Include:

  A three-day supply of water (one gallon per person per day) and food that won't spoil.
  One change of clothing and footwear per person, and one blanket or sleeping bag per person.
  A first aid kit that includes your family's prescription medications.
  Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.

Earthquake-Specific Plan

EMERGENCY SUPPLIES

- Include:
  An extra set of car keys and a credit card, cash or traveler's checks.
  Sanitation supplies.
  Special items for infant, elderly or disabled family members.
  An extra pair of glasses.
  Keep important family documents in a waterproof container. Keep a smaller kit in the trunk of your car.

BEFORE IT STRIKES

Pick "safe places" in each room of your home.

- A safe place could be under a sturdy table or desk or against an interior wall away from windows, bookcases, or tall furniture that could fall on you. The shorter the distance to move to safety, the less likely you will be injured. Injury statistics show that people moving as little as 10 feet during an earthquake's shaking are most likely to be injured. Also pick safe places, in your office, school and other buildings you are frequently in.

BEFORE IT STRIKES

Practice drop, cover, and hold-on in each safe place.

- Drop under a sturdy desk or table and hold on to one leg of the table or desk. Protect your eyes by keeping your head down. Practice these actions so that they become an automatic response. When an earthquake or other disaster occurs, many people hesitate, trying to remember what they are supposed to do. Responding quickly and automatically may help protect you from injury.

BEFORE IT STRIKES

Practice drop, cover, and hold-on at least twice a year.

- Frequent practice will help reinforce safe behavior.

BEFORE IT STRIKES

Wait in your safe place until the shaking stops, then check to see if you are hurt.

- You will be better able to help others if you take care of yourself first, then check the people around you. Move carefully and watch out for things that have fallen or broken, creating hazards. Be ready for additional earthquakes called "aftershocks."

BEFORE IT STRIKES

Be on the lookout for fires.

- Fire is the most common earthquake-related hazard, due to broken gas lines, damaged electrical lines or appliances, and previously contained fires or sparks being released.

BEFORE IT STRIKES

If you must leave a building after the shaking stops, use the stairs, not the elevator.

- Earthquakes can cause fire alarms and fire sprinklers to go off. You will not be certain whether there is a real threat of fire. As a precaution, use the stairs.

BEFORE IT STRIKES

If you're outside in an earthquake, stay outside. Move away from buildings, trees, streetlights, and power lines. Crouch down and cover your head.

- Many injuries occur within 10 feet of the entrance to buildings. Bricks, roofing, and other materials can fall from buildings, injuring persons nearby. Trees, streetlights, and power lines may also fall, causing damage or injury.

BEFORE IT STRIKES

Inform guests, babysitters, and caregivers of your plan.

- Everyone in your home should know what to do if an earthquake occurs. Assure yourself that others will respond properly even if you are not at home during the earthquake.

BEFORE IT STRIKES

Get training.

- Take a first aid class from your local Red Cross chapter. Get training on how to use a fire extinguisher from your local fire department. Keep your training current. Training will help you to keep calm and know what to do when an earthquake occurs.

BEFORE IT STRIKES

Discuss earthquakes with your family.

- Everyone should know what to do in case all family members are not together. Discussing earthquakes ahead of time helps reduce fear and anxiety and lets everyone know how to respond.

BEFORE IT STRIKES

Talk with your insurance agent.

- Different areas have different requirements for earthquake protection. Study locations of active faults, and if you are at risk, consider purchasing earthquake insurance.